

### Statistics Report 19080, Candies, semisweet chocolate

Report Date: June 26, 2017 16:46 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	0.70	--	0.062	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Energy	kcal	480	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2009
Energy	kJ	2008	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2009
Protein	g	4.20	--	0.089	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Total lipid (fat)	g	30.00	--	0.743	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Ash	g	1.20	--	0.050	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Carbohydrate, by difference	g	63.90	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2009
Fiber, total dietary	g	5.9	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sugars, total <a href="#">1</a>	g	54.50	--	1.386	52.1	56.9	3.0	50.09	58.91	2	Aggregated data involving comb. of codes other than 1,12 or6	--	05/2009
Minerals													
Calcium, Ca	mg	32	--	1.430	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Iron, Fe	mg	3.13	--	0.283	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Magnesium, Mg	mg	115	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Phosphorus, P	mg	132	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Potassium, K	mg	365	--	17.035	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Sodium, Na	mg	11	--	3.440	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Zinc, Zn	mg	1.62	--	0.057	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Copper, Cu	mg	0.700	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Manganese, Mn	mg	0.800	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Selenium, Se	µg	4.2	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2005
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Thiamin	mg	0.055	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Riboflavin	mg	0.090	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Niacin	mg	0.427	--	0.049	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Pantothenic acid	mg	0.105	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1991
Vitamin B-6	mg	0.035	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1991
Folate, total	µg	13	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2005
Folic acid	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003
Folate, food	µg	13	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2005
Folate, DFE	µg	13	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2009
Choline, total	mg	22.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1991

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2005
Vitamin A, RAE	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003
Retinol	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003
Carotene, beta	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003
Vitamin A, IU	IU	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003
Lutein + zeaxanthin	µg	18	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2005
Vitamin E (alpha-tocopherol)	mg	0.26	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2005
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2005
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone)	µg	5.6	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2005
Lipids													
Fatty acids, total saturated	g	17.750	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1991
4:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2005
6:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2005
8:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2005
10:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2005

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
12:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2005
13:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2005
14:0	g	0.020	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2005
15:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2005
16:0	g	7.347	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2005
17:0	g	0.048	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2005
18:0	g	10.007	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2005
20:0	g	0.267	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2005
22:0	g	0.024	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2005
24:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2005
Fatty acids, total monounsaturated	g	9.966	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2005
14:1	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2005
15:1	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2005
16:1 undifferentiated	g	0.062	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2005
17:1	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2005
18:1 undifferentiated	g	9.904	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2005
20:1	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2005
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
24:1 c	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2005
Fatty acids, total polyunsaturated	g	0.966	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2005
18:2 undifferentiated	g	0.898	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2005
18:3 undifferentiated	g	0.068	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2005
18:4	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2005
20:2 n-6 c,c	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2005
20:3 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2005
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2005
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2005
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2005
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2005
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2005
Amino Acids													
Tryptophan	g	0.063	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Threonine	g	0.168	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Isoleucine	g	0.164	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991

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Leucine	g	0.257	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Lysine	g	0.212	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Methionine	g	0.044	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Cystine	g	0.052	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Phenylalanine	g	0.204	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Tyrosine	g	0.159	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Valine	g	0.254	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Arginine	g	0.240	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Histidine	g	0.073	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Alanine	g	0.196	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Aspartic acid	g	0.422	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Glutamic acid	g	0.637	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Glycine	g	0.190	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Proline	g	0.181	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Serine	g	0.183	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2005
Caffeine	mg	62	--	3.923	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Theobromine	mg	486	--	40.814	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991

Sources of Data  
<sup>1</sup>Food and Drug Administration (FDA), DHHS FDA Study on Labeling, 1996